

**Title:** [Exercise Oxygen Equipment Market Shares, Strategy, and Forecasts, Worldwide, 2016 to 2022](#)

WinterGreen Research announces that it has published a new study Exercise Oxygen Equipment: Market Shares, Strategy, and Forecasts, Worldwide, 2016 to 2022. The 2016 study has 360 pages, 145 tables and figures. Worldwide Exercise Oxygen Equipment markets are poised to achieve significant growth as consumer oxygen markets emerge from the trial phase to be used in sports clubs, by athletic teams, and in corporate gyms to increase the value of exercise and offer people a way to be more comfortable while they exercise.

The study looks at the excess of carbon dioxide found in tissue of many people before, during, and after exercise, and asks the question whether there is not enough oxygen in the lungs and blood hemoglobin to eliminate excess carbon dioxide. The use of supplemental oxygen appears to be indicated even when the pulse oximeter gives an entirely normal reading.

Consumer oxygen works to release excess carbon dioxide trapped in tissue because the blood oxygen is not sufficient to do the cleaning function one wished it would do. With the aging of the population, many people do not exercise enough to gather the waste carbon dioxide generated by muscles and tissue. With the dramatic increase in people who are overweight and even obese, there is increased need for supplemental oxygen availability at the sites where people exercise. Only modest amounts of supplemental oxygen are needed to have an effect.

Recreational oxygen has been available for a while, but only recently has there been a basic understanding of the value: eliminating excess carbon dioxide in the body. Buildups of carbon dioxide come from the muscles. Recognition of the ability of to get rid of this excess has been enough to validate the value of supplemental oxygen.

Excess carbon dioxide is not good for people. It would not be excess if normal breathing or even heavy breathing was able to rid the body of the build-up of carbon dioxide, but any extra weight is enough to create excess in the tissues. The muscles and cells work all the time, giving off carbon dioxide, and most people have an excess.

Exercise oxygen equipment is positioned to help regular non-diseased people and athletes achieve performance recovery after exercise. Supplemental oxygen permits longer periods of exercise and supports faster return to exercise after a rest interval. Supplemental oxygen along with exercise appears to help with tissue repair by eliminating excess carbon dioxide. For older people, supplemental oxygen appears to help with fighting inflammation and improving mental acuity: Supplemental oxygen is:

- (1) dissolved in plasma, already 2% oxygen;
- (2) bound to hemoglobin in red blood cells, as it drops below 98% oxygen.

Breathing supplemental oxygen adds more oxygen to the body even when the hemoglobin is already apparently saturated according to pulse oximeter readings. If the oxygen fully saturates the hemoglobin it increases the concentration of dissolved oxygen in plasma, creating the ability to eliminate excess carbon dioxide.

Muscles and fat create excess carbon dioxide in people with obesity, in elite athletes, in people who are aging. The value of exercise is that it helps the blood pick up excess carbon dioxide that must be expelled from the body. Supplemental oxygen is useful in stimulating this process even in the absence of disease. Athletes and firemen use supplemental oxygen to eliminate excess carbon dioxide. Soon ordinary people exercising will use supplemental oxygen for this process as well. This will happen even in people who apparently have hemoglobin sufficiently saturated with oxygen.

The value of supplemental oxygen is not to saturate the hemoglobin more, it is already saturated in most cases, the value is to stimulate release of excess carbon dioxide.

Exercise oxygen equipment is useful for improving personal performance and endurance during workouts. It gives athletes competitive advantage in sporting events. Supplemental oxygen is not banned because the oxygen has significant health benefits that cannot reasonably be taken away by sports governing bodies.

Prices of supplemental oxygen are expected to plummet based on economies of scale as adoption and usage becomes widespread. People could not get affordable or have convenient access to consumer oxygen before, now there are ways to make personal oxygen available in a convenient manner. AirSep offers its Focus device which weighs 1.7 pounds with a battery. Exercise with oxygen therapy can increase exercise capacity and lead to performance gains. Sports clubs are expected to offer small stylish canisters of oxygen for \$15 per month.

Performance gains make it easier to exercise, less onerous to exercise. The value of daily exercise has been proven in multiple studies, now we know why the exercise is beneficial, it discards excess carbon dioxide that builds up in the muscles when people are just sitting around or sleeping or if they are moving around exercising.

OHS is a breathing disorder in obese people that leads to a misrepresentation of pulse oximeter readings of blood oxygen levels. When there is too much carbon dioxide in the tissue, more carbon dioxide than can be cleaned even by fully saturated blood oxygen levels, there is a difficulty with fully cleaning the carbon dioxide from the cells. OHS is interesting because obese people with normal blood oxygen saturation cannot expel all the carbon dioxide from their cells.

The condition called hypoventilation during the day is a condition of obesity that is possible to address with supplemental oxygen even in the presence of fully oxygenated blood. Obese people are not moving enough air in and out of the lungs to clear the carbon dioxide from the body. The problem exists to a lesser extent in people with less fat, people without any lung disease, just overweight or obese.

This lack of oxygen can and does cause muscle fatigue, cramping and poor performance. Supplemental oxygen helps replenish what is deficient, enabling faster aerobic recovery. Athletes achieve better mental and muscle performance when they use supplemental oxygen after strenuous activity.

Football players, basketball players, speed skaters, and hockey players use oxygen to support performance when exhausted. Professional athletes use supplemental oxygen. The reason is that during strenuous physical activity the body exhales more carbon dioxide than it admits oxygen.

Exercise and physical activity deliver oxygen and nutrients to tissues and help the cardiovascular system work more efficiently. Breathing supplemental oxygen after strenuous activity is becoming more accepted by people interested in health and fitness. Oxygen can be used to address fatigue as a symptom. Fatigue is a symptom, not a disease. It is experienced differently by different people.

One often hears physicians attribute the effects of supplemental oxygen to people having a placebo effect. It is very clear that inside most of the medical community there is massive misunderstanding about the value of supplemental oxygen in healthy people.

Generally, the opinion is that if there is a normal pulse oximeter reading and very heavy breathing after exercise, that giving supplemental oxygen means there is a placebo effect and nothing more. The value of supplemental oxygen is not evident from looking at pulse oximeter readings.

When there is a buildup of excess carbon dioxide in the body the supplemental oxygen is able to clear the carbon dioxide from tissue. While the users can feel the difference in the body of having waste eliminated, the clinicians are left to look at the pulse oximeter readings. The value attributed to supplemental oxygen by users is attributed to a placebo effect by clinicians. It is apparent from a review of the serious independent research on the value of supplemental oxygen that the oxygen really is helpful to people, not just a pejorative placebo effect. (Remember that a placebo is a sugar pill and itself does have a real effect.)

Exercise oxygen equipment markets at \$3.9 million in 2015 are anticipated to reach \$2.8 billion dollars by 2022.

Growth is a result of new competitors in the market, demand for the smaller lighter technology by people exercising, and the market need by for stationary devices at clubs and gyms even as portable devices provide greater mobility support for bike riders, joggers, and older people.

Key Words: Obesity, Obesity hypoventilation syndrome, Hypercapnia, Sleep disordered breathing, Oxygen Concentrator, Stationary Oxygen Concentrators, Medical Oxygen, Portable Oxygen Concentrators, Homecare, Home Oxygen, Home Medical Equipment, Oxygen Therapy, Managed Care, Non-Acute Health Care, Unified Supply Network, Continuous Pressure Oxygen, Portable Pulsed Oxygen, Patients on Oxygen, Hypoxia, Climate, Diseases, Health, Obesity, Pollution, Home Oxygen Reimbursement, Homefill Oxygen Concentrator, Portable Oxygen Concentrators Market Share, Portable Oxygen Concentrators,

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## Table of Content:

Exercise Oxygen Executive Summary	25
Exercise Oxygen Equipment Market Driving Forces	25
Exercise Oxygen Market Leaders	32
Boost Recreational Canned Oxygen	33
Exercise Oxygen Equipment Forecasts	34
OHS Patient Symptoms	35
OHS Treatments with Oxygen	35
OHS Indicates that Blood Oxygen Saturation and Shortness of Breath Are Separate	36
Football Players, Basket Ball players, and Hockey Players Use Oxygen to Support Performance When Exhausted.	37
Supplemental Oxygen Placebo Effect	38
Obesity Hypoventilation Syndrome Co2 Loading And Unloading	40
1. Exercise Oxygen Equipment: Market Description and Market Dynamics	41
1.1 Value of Exercise	41
1.2 Respiration	42
1.2.1 Supplemental Oxygen Good for People Exercising After They Begin to Have Difficulty Breathing	46
1.3 Oxygen Equipment Separates Oxygen From Air	46
1.3.1 Portable Oxygen Concentrator Functions	47
1.4 Oxygen / Ozone Therapy to Strengthen Immune System	48
1.5 Long History of Supplemental Oxygen Improving Sports Performance	49
1.6 Supplemental Oxygen to Improve Brain Functioning	51
1.6.1 Mountaineering Use of Supplemental Oxygen	54
1.6.2 Summit Oxygen ALTOX Personal Oxygen System	56
1.7 Oxygen Concentrator Uses	57
1.7.1 Stationary Oxygen Concentrator Functions	57
1.7.2 Separation Of Oxygen From Air	58
1.7.3 Technical Trade-Offs Necessary To Design An Oxygen Concentrator	59
2. Exercise Oxygen Market Shares and Forecasts	60
2.1 Exercise Oxygen Equipment Market Driving Forces	60
2.1.1 Football Players, Basket Ball players, and Hockey Players Use Oxygen to Support Performance When Exhausted.	66
2.1.2 Supplemental Oxygen Placebo Effect	66
2.2 Exercise Oxygen Market Leaders	70
2.2.1 Boost Recreational Canned Oxygen	71
2.2.2 Inogen Portable Oxygen Concentrator	71
2.2.3 Inogen Product Development	71
2.2.4 Inogen Homecare Services Business	72
2.2.5 Philips Respironics EverGo	73
2.2.6 Chart / AirSep	73
2.2.7 Chart / AirSep NewLife Elite	74

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2.2.8	Chart Industries / SeQual	74
2.2.9	Chart Industries / CAIRE	74
2.2.10	Portable Oxygen Concentrators	75
2.3	Consumer Exercise Oxygen Equipment Market Forecasts	78
2.3.1	Market Segment Forecasts for Exercise Oxygen Equipment	80
2.3.2	Athletic Oxygen Equipment Forecasts	83
2.3.3	Sports Club Gym Exercise Oxygen Equipment	84
2.3.1	Corporate Gym Exercise Oxygen Equipment	90
2.3.2	Market for Exercise Oxygen Equipment Among Aging Population Forecasts	93
2.3.1	Home Exercise Oxygen Equipment Market Forecasts	96
2.3.2	Wearables Market for Exercise Oxygen Equipment	100
2.3.3	Zoom Virtual Reality on an Exercise Bicycle	102
2.3.4	Portable Oxygen Concentrator Market Forecasts	103
2.3.5	Portable Oxygen Concentrator Medical Market Forecasts	104
2.3.6	Exercise Oxygen Applications	106
2.4	Exercise Oxygen Prices	107
2.5	Exercise Oxygen Regional Segment Analysis	110
3.	Exercise Oxygen Product Description	113
3.1	Boost Sports and Exercise Oxygen	113
3.1.1	Using Boost After Strenuous Physical Activity	114
3.1.2	Boost Recreational Canned Oxygen	115
3.1.3	Boost Supplemental Oxygen for Pro Athletes	117
3.1.4	Boost Number One Sports Oxygen Tank in Europe	122
3.1.5	Boost Supplemental Oxygen Treats Symptoms Of Altitude Sickness	123
3.1.6	Boost Oxygen for Muscle & Fitness Training	123
3.1.7	Boost Oxygen Supplemental Oxygen for Relaxation	123
3.2	Summit Oxygen	124
3.2.1	Summit Oxygen ALTOX Personal Oxygen System	124
3.3	Oxygen Plus	126
3.3.1	Oxygen Plus Travel Oxygen	130
3.3.2	Oxygen Plus Office Oxygen	130
3.3.3	Oxygen Plus Elevation Oxygen	130
3.3.4	Oxygen Plus Play Oxygen	131
3.3.5	Oxygen Plus Recovery Oxygen	131
3.4	GoOxygen	133
3.4.1	Go Oxygen Benefits:	135
3.4.2	GoOxygen System Hyperoxic Training	136
3.5	Weyergans High Care AG Vacumed Hyperbaric Oxygen Pods	137
3.6	Live O2 Oxygen Reservoir	139
3.6.1	Firefighters Use Oxygen Concentrators To Detox Carbon Monoxide In The Body After Fighting A Fire	139
3.7	Invacare Stationary Oxygen Concentrator	140
3.7.1	Invacare Perfecto2 5 Liter Home Concentrator	140
3.7.2	Invacare Platinum 10 Oxygen Concentrator	151
3.8	Philips Respironics	154
3.8.1	Philips Respironics EverFlo Q Stationary Oxygen Concentrator	155
3.8.2	Philips UltraFill Stationary Oxygen Concentrator	159
3.8.3	Philips Respironics Millennium 10 LPM Concentrator	160
3.9	Devlbiss	161
3.10	Chart Industries' CAIRE Inc	164
3.10.1	AirSep Oxygen Concentrator	164
3.10.2	AirSep VisionAire 5 Stationary Oxygen Concentrator	165
3.10.3	AirSep VisionAire 5 Stationary Oxygen Concentrator	166
3.11	NTK	166
3.12	www.dhgate.com Home Oxygen Concentrators for Emergencies	170
3.13	Drive Medical	170

3.13.1 Inogen Portable Oxygen Concentrator Family	172
3.13.2 Inogen One G3	176
3.13.3 Inogen One G3 Portable Oxygen Concentrators	177
3.13.4 Inogen One G2 Portable Oxygen Concentrators	178
3.14 DeVilbiss Healthcare iGo Portable Oxygen Concentrator	180
3.14.1 DeVilbiss Battery Charger	181
3.15 AirSep Focus Portable Oxygen Concentrator	181
4. Selected Exercise Oxygen Research and Technology	185
4.1 Sports Oxygen	185
4.1.1 Placebo Effect	185
4.1.2 Examples of Measuring the Placebo Effect	187
4.2 Blood Color	188
4.2.1 Bohr effect	189
OHS Patient Symptoms	197
OHS Treatments with Oxygen	198
OHS Indicates that Blood Oxygen Saturation and Shortness of Breath Are Separate	198
Obesity Hypoventilation Syndrome Co2 Loading And Unloading	199
4.3 Oxygen Useful for Post Concussion Syndrome	200
4.4 Blood Doping: Lance Armstrong	200
4.4.1 Blood Transfusions Used By Athletes To Engage In Blood Doping.	201
4.4.2 Seven-Year Study of Lance Armstrong	201
4.5 Oxygen Plus Research Directions	202
4.6 Co2 In Air	203
4.6.1 Chemistry of the Body	204
4.7 Need for Oxygen at Higher Altitudes	204
4.7.1 Difficulty That Physicians Have In Detecting Hypoxemia	206
4.7.2 Dyspnea, Shortness of Breath	207
4.8 Maximum Rate Of Oxygen (O2) Consumption By The Body During Exercise	208
4.8.1 Patients with OHS	210
4.8.2 Definition Of Obesity Hypoventilation Syndrome	211
4.8.3 Placebo Effect	213
4.9 Managing Hypoxia And Hypercapnia	215
4.9.1 Mountaineering Use of Supplemental Oxygen	216
4.10 Yoga and Breathing	218
4.11 Cardiac Stress Testing	219
4.12 Exercise as a Drug - Pharmacological Benefits Of Exercise	220
4.13 Medical Use of Oxygen	221
4.14 Hypoxia	222
4.15 Muscle fatigue	223
4.16 World Economy	224
5. Exercise Oxygen Company Profiles	225
5.1 Boost Oxygen	225
5.2 Chart Industries	229
5.2.1 Chart Caire / AirSep / Sequal	230
5.2.2 Chart Industries Product Groups	230
5.2.3 Chart Industries Cold Boxes	232
5.2.4 Chart Industries Global Presence	234
5.2.5 Chart Industries Markets	235
5.2.6 Chart Industries Revenue	235
5.2.7 Chart Industries Segments and Products	236
5.2.8 Chart Industries Process Systems	236
5.2.9 Chart Industries Distribution and Storage Segment	237
5.2.10 Chart Industries Cryogenic Bulk Storage Systems	237
5.2.11 Chart Industries Storage And End-Use Of Hydrocarbon And Industrial Gases	238
5.2.12 Chart Industries / AirSep	239

5.2.13 Chart Industries/Caire Liquid Oxygen Continuous Flow/Demand Flow Versatility	240
5.2.14 CAIRE / SeQual Technologies	241
5.2.15 Chart Industries / SeQual	241
5.2.16 SeQual Oxygen Systems	242
5.3 DeVilbiss Healthcare	242
5.3.1 DeVilbiss Healthcare Vestar Capital Partners	243
5.3.2 DeVilbiss Healthcare Sleep Therapy	244
5.3.3 DeVilbiss Healthcare Moves Production Back to the USA	245
5.4 Dräger	246
5.4.1 Dräger Evita Infinity® V500	248
5.4.2 Dräger Evita XL	249
5.4.3 Dräger Savina® 300	250
5.5 Drive Medical	250
5.5.1 Drive Medical Product Line	251
5.5.2 Drive Medical Facilities	251
5.5.3 Drive Medical Markets	252
5.6 Foshan Keyhub Electronic Industries Co., Ltd.	252
5.7 Gardner Denver / Thomas Compressors	258
5.7.1 Gardner Denver Thomas Medical	266
5.8 Inogen	270
5.8.1 Inogen Acquires Breathe Oxygen Services	271
5.8.2 Inogen One G3 Versatile Portable Oxygen Concentrator	272
5.8.3 Inogen Is Reliable, Trusted, And Proven	273
5.8.4 Inogen Expands Manufacturing Capacity to Accommodate Growth	275
5.9 Inova Labs	275
5.10 Invacare	276
5.10.1 Invacare Business	278
5.10.2 Invacare Growth	280
5.10.3 Invacare Geographical Segments And Product Categories	281
5.10.4 Invacare Mobility And Seating Products	281
5.10.5 Invacare Lifestyle Products	283
5.10.6 Invacare Respiratory Therapy Products	285
5.10.7 Invacare Institutional Products Group (IPG)	286
5.11 Jiuxin Medical	292
5.11.1 Jiuxin Medical Jogger Portable Ventilator	292
5.11.2 Jiuxin Medical ICU Ventilator Detachable 10.4" TFT Color Screen	293
5.12 Leistung Engineering	294
5.12.1 Leistung Key Strategy	295
5.13 Live O2 Oxygen	296
5.14 Longfian Scitech	298
5.14.1 Longfian Scitech JAY-20 Industry Oxygen	299
5.14.2 Longfian Scitech JAY-20 Industry Oxygen	300
5.15 NTK	300
5.16 Oxygen Plus	301
5.16.1 Oxygen Key Ingredient In Production Of Energy for Humans	301
5.16.2 Oxygen Plus / Summit Oxygen	307
5.17 Philips Healthcare	308
5.17.1 Philips Lumileds	311
5.17.2 Philips LED Products	312
5.17.2 Philips Lumileds Quality White Lighting with LEDs	313
5.19.4 Philips Luxeon®	314
5.19.5 Philips Lighting Positioning	317
5.19.6 Royal Philips Electronics Global Presence	317
5.19.7 Philips Enables Consumer Lifestyle	319
5.19.8 Philips Addresses Healthcare Landscape	320



- 5.19.9 Philips Healthcare Revenue 326
- 5.19.10 Philips Accelerate! Positioning 327
- 5.18 POD Oxygen 328
- 5.19 Weyergans High Care AG 330
- 5.20 Zoom 331
- 5.21 2nd Wind Distributors 333
- 5.22 Oxygen Concentrator Companies 334

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